



# April Showers Bring May Flowers

A P R I L 2 0 2 1

I S S U E 5

## SPECIAL POINTS OF INTEREST:

### COALITION EVENTS:

- Operation Medicine Bottle, April, 2021
- Second Chance Golf Classic, June 2021
- Building Skills, Every Tuesday Evening
- Promotors De Salud KASA
- Project Sticker Shock
- Area Alcohol & Tobacco Compliance Checks
- 2021 Rat Rod Roundup Sep 2021
- 2021 Morristown Memorial March

## Surviving the Weight

Have you ever had the weight of the world on your shoulders? Praying for something to change but nothing is changing? I think we have all been there. Feeling like the whole world is out to get you and God is doing nothing to change it. This can be a dark place a lonely place. The bright side is your not going to stay there forever.

Jesus says in John 11:25-26 that:

"I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die."

He says this to Martha, one of his dear friends, four days after her brother Lazarus got sick and died. She even sent for him and told him Lazarus was sick and he deliberately stayed where he was until he was ready. There was no question he just did what he had to do.

Once he decided to make his way to Martha, Lazarus had been dead four days. Martha, Mary, and their brother were people he loved right? So why did he make them wait?

Well, Jesus already knew he had the power to raise people from the dead. He had done it two times before this and his disciples were there too. However, they still doubted.

Martha and Mary both told Jesus that had he been there he would not have died. Martha was the only one that truly believed that no matter when he came through, he would come through. It was her unwavering faith that allowed Jesus to raise her brother from the dead.

Sometimes, like Mary in this story, we do not understand why we are in the place we are in. We think God could stop all this at any point so why does he not. Well, like in the story, he is trying to show you something about yourself, your situation, and it is the pressure or the weight in the wait that reveals these things.

In the story, we see how strong Martha's faith was and we

see doubt in Mary's. Even after he raised Lazarus from the dead, those that witnessed it, still doubted and it ended with Jesus' crucifixion. They thought that if Jesus could heal a blind man, could he not keep Lazarus alive and stop him from dying in the first place?

Sometimes God makes us wait to let some stuff die so he can resurrect it and use it for his glory and your benefit. Do not collapse under the weight of your wait because you never know what God has in store for your future. Take the time in the wait to ask yourself what this pressure is trying to bring to the surface and what are you supposed to be learning? You may be surprised at the end result if you do.



## ETAADAC: Addictive Behaviors

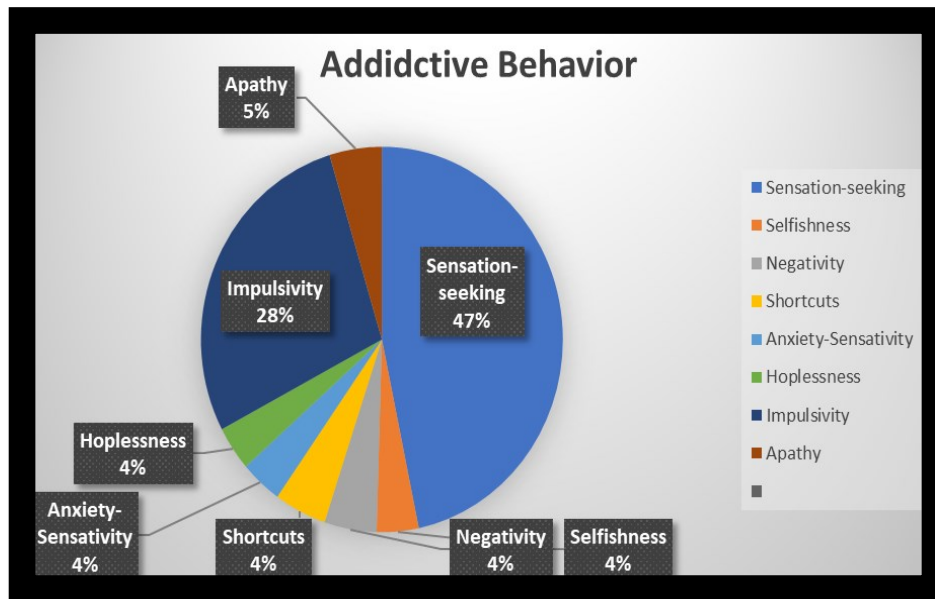
The East Tennessee Association of Alcoholism and Drug Abuse Counselors had their 2021 Smokey Mountain Conference April 7<sup>th</sup> through April 9<sup>th</sup> 2021 and four members of the coalition (Paul Hyde, Nora Bloomberg, Stephanie Dickerson, and Emalie Martin) had the privilege of going to this wonderful event.

One of the sessions that we went to was one on Addictive Behaviors facilitated by Kristen Robinson LADACII, NCACII. She is a recovery services therapist at Village Behavioral Health in Louisville, Tennessee and created the THRIVE (Through Healthy Recovery in Various Environments) Program.

This break out session at the conference provided us with information about the addiction process by examining behaviors that often precede relapse. The premise is that every situation or action fits into one or more of eight addictive behaviors. These behaviors are not just a sign of relapse but allow the addiction process to continue even during clean times.

Kristen did some research and asked her clients to rate which of

these addictive behaviors they struggled with the most when not actively using a substance or process behavior and the results are shown below:



The 12% of users that identified with sensation-seeking, anxiety-sensitivity, and hopelessness behavior displayed the most severe addictive behavior. People displaying this type of behavior use something outside of themselves to make themselves feel better. Changing their perception of their situation if even only for a moment.

During times of stress, the brain starts to conclude that these types of behaviors are the best worst way to cope so it defaults to this behavior. It finds a way to escape situations that are uncomfortable or stressful so in the future if there is no healthy

way to cope. It will trigger or remind the person how well the substance or behavior eased their pain in the past.

Addiction is a symptom of an underlying struggle the user is trying to pacify. By memorizing the addictive behaviors and monitoring your thoughts and feelings, you will be able to interrupt the addictive behavior and chose a more healthy way to cope.

These behaviors are also present in adolescents long before they try their first substance or use a process behavior. If these behaviors can predict the chance of relapse as Kristen's study showed, then these behaviors can also predict the chances of a child using substances in the first place. By understanding the behaviors that lead up to addiction we can start to teach others what behaviors are harmful and how to combat them before it is too late. For more information on this topic or how to get in touch with Kristen please contact the Hamblen County Substance Abuse Coalition.

# Building Skills: Morals and Values

This month in Building Skills we learned about values, morals, procrastination, affirmations, and perspective. We played games, listened to music, and heard peer testimonies. To be honest this month, we learned some very valuable skills that will help us accomplish our goals in the future.

The most important lessons we taught this month was defining our own morals and values. In order to become a functioning part of society we have to have a clear idea of who we are and what we believe in. This starts with defining our values and setting our morals.

Values and morals are the rules we live our life by. Values are the things we believe are important to us, like family, friends, honesty, integrity. They are what we stand for. Morals are the rules and actions that back up our values. For example, if one of our values is honesty. A moral for this value would be to tell the truth even if the outcome could be bad.



If you value honesty you will also hold others in your life to that standard too. You will believe that if you are honest with them you expect them to do the same. If they do not then you act, like distancing yourself from them or the situation. We taught the kids a saying, "The best way to avoid a bad situation, is not to get yourself into it." You will know that a situation is toxic if it vio-

lates one or more of your core values.

This is a hard concept for some of us to understand. We learn our values from our parents or the experiences that we have had but sometimes they do not always align with who we really are. When this happens, we create a "fake self", and our true selves get buried. This results in bad decisions that can affect the trajectory of your life.

From a prevention standpoint the children that come through the Building Skills program are at the point in their lives where they are starting to make decisions on who they are going to be. It is our job as facilitators to give them the tools they need to make decisions that back up who they are and who they want to become! If you know of a teen or young adult that is in need of this program please call the Hamblen County Substance Abuse Coalition for information and class times.

## "BUILDING SKILLS"

### Preparing Our Kids Today for a Brighter Tomorrow

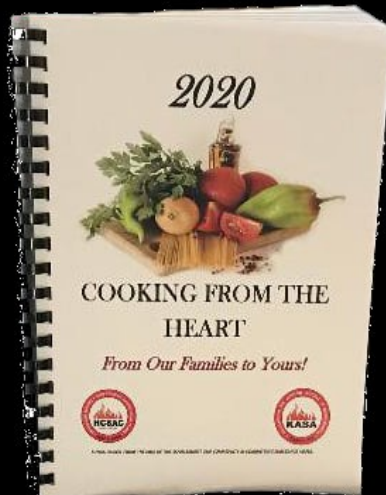
# "INSIGHT RADIO"

Southern Gospel Format

With a focus on Reaching Out to Those Dealing  
with Substance Abuse!



**Hosted By: Paul Hyde**  
**Of**  
**Redemption's Promise**  
**Exec Director, HCSAC, Inc.**

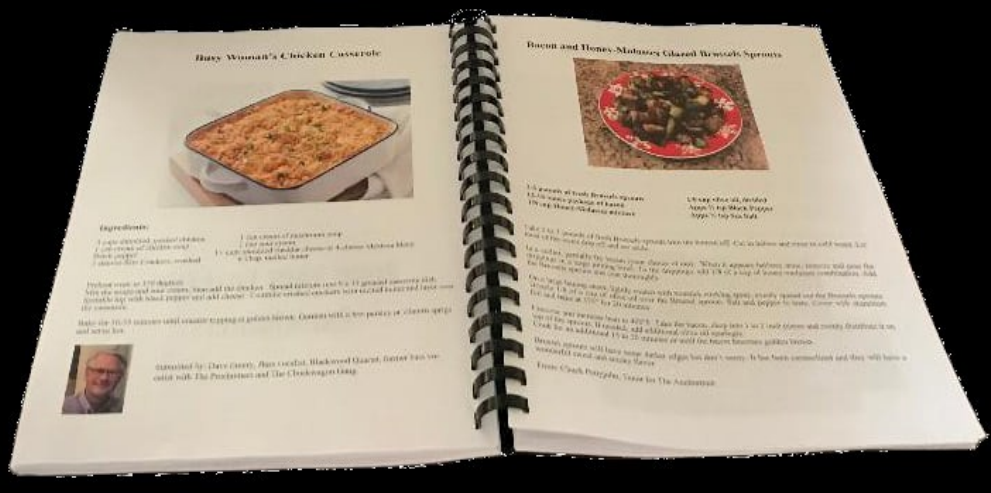


The Hamblen County Substance Abuse Coalition Fundraising Cookbook is ready for purchase! Just in time for the holidays!

These books make a great gift for most anyone! We have spent three years putting this book together just for you! Recipes from many folks in our community and also a special section of recipes submitted by some of gospel music's best artists such as Gerald Wolfe, Chris Allman, Dave Emery, Anthony Morrison, Jeff Chapman and yours truly, Paul Hyde!

Almost 250 pages of luscious recipes from our family to yours. Great pics and large print, you will treasure this compilation! Your donations for this book will help in the prevention of substance abuse, supplying treatment and recovery resources for those needing help and creating a better environment for our families to live in. For a \$20.00 donation, we'll get you one of the fabulous cookbooks on the way! (423) 748-7494 or (423) 312-5256

Thanks for your help!!



## “Operation Medicine Bottle”, Successful in Spite of the Weather

The Hamblen County Substance Abuse Coalition, Inc., assisted by the Hamblen County Sheriff's Department and the Drug Enforcement Administration, hosted Hamblen County's 27<sup>th</sup> prescription drug take-back event known as “Operation Medicine Bottle” on Saturday, April 24, 2021. The cold, rainy weather was a deterrent for some but vol-

unteers were on hand to accept 122 pounds of surrendered prescription and over the counter drugs from concerned residents. That is 122 pounds of dangerous drugs that will not find their way into our natural environment and water tables or be diverted out into the community. The DEA reported that since the initial drug take back event in 2010, it and its law enforcement officers have collected and disposed of more than 6,800 tons (that is almost 14 million pounds!) of expired, unused and unwanted prescriptions and over the counter medications.

Studies indicate that the majority of abused prescription drugs come

from family and friends, including from home medicine cabinets. Clearing out unused medications is essential to reduce this misuse. The Centers for Disease Control and Prevention report that there has been an increase in overdose deaths during the COVID-19 pandemic. Over 87,000 Americans died as a result of a drug overdose in the one year period from Sept. 1, 2019 to Sept. 1, 2020, which is the most ever recorded in a 12-month period.

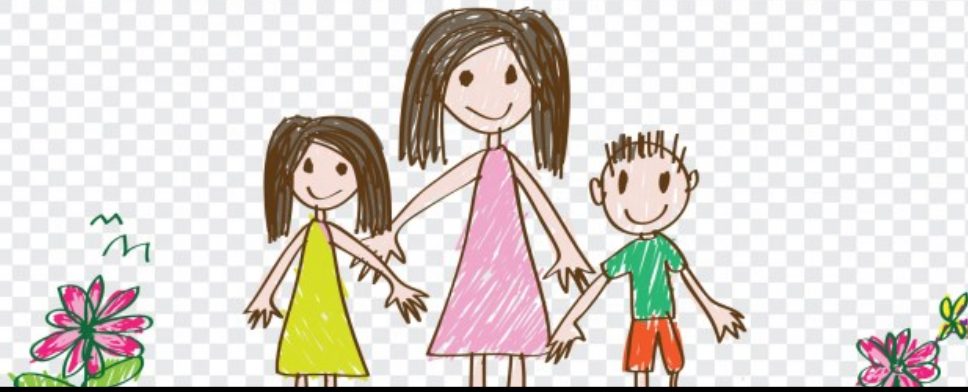
The Hamblen County Substance Abuse Coalition would like to express special thanks to Sheriff Jarnagin, the Hamblen County Sheriff's Department, the Hamblen County Health Department,

WCRK, Tennessee Voices, and all of the volunteers who braved the weather showing their dedication to our community in conducting “Operation Medicine Bottle!”

For those who may have missed the event, there is a permanent drop box at the Hamblen County Sheriff's Department located at 510 Allison Street in Morristown. Medications can be dropped off at that location Monday through Friday from 8:00 a.m. until 4:00 p.m.

The next Operation Medicine Bottle event is scheduled for late October 2021 at the east end Wal-Mart.





HAPPY  
MOTHER'S  
Day!

From all of us here at the Hamblen County Substance Abuse Coalition,  
Happy Mother's Day! We hope you have a wonderful day and thank you  
for all that you do for those that you love.